

FARZ NAMAAZ KE BA'D AUR SONEY SE PEHLE KE MASNOON AZKAAR.

NAMAAZ KE BA'D KE AZKAAR.

(Zikr-01)

Raavi-e-Hadees **Ibn Abbaas** (Raziyallaahu Anhu),

Unho Ne Kaha Ke Hum Pehchaantey The Rasool Allaah (Sallallaahu Alaihi Wa Sallam) Ki **Namaaz Ka Ikhtitaam (Ya'ni Namaaz Khatam Hochuki Us Waqt Pehchaantey) Jab Aap TAKBEER (ALLAAHU AKBAR) Kehte.** [Saheeh Muslim, Hadees : 1316 or 583 a]

TASHREEH : Hadees [Saheeh Muslim : 1318 or 583 c] Mein Hai Jis Ke Raavi-E-Hadees Ibn Abbaas Hi Hai Ke Farz Namaaz Ke Ba'd Buland Aawaaz Se Zikr Karna Rasool Allaah (Sallallaahu Alaihi Wa Sallam) Ke Zamaaney Mein Tha Aur (Unho Ne Kaha) Mai Jab Us Zikr Ki Aawaaz Sunta Tou Maloom Karta Ke Log Namaaz Se Faarigh Huye.

Nawawi (Rahimahullaah) **Ne Kaha:** Yeh Daleel Hai Ba'z Ulamaa Salaf Ki Jo Kehte Hai Farz Namaaz Ke Ba'd Buland Aawaaz Se TAKBEER Kehna Ya Zikr Karna Mustahab (Recommended) Hai Aur Mutakhareen Mein Se Ibn Hazm Zaahiree (Rahimahullaah) Ne Is Ko Mustahabb Jaana Hai.

Ibn Bataal Aur Aur Ulamaa Ne Yeh Naqal Kiya Hai Ke Saarey Mazaahib Waale Zikr Jahree (Buland) Ko Mustahab Nahi Jaantey.

Aur **Imaam Shaafiee** (Rahimahullaah) **Ne Yeh Kaha Hai Ke:**
“Shaayad Rasool Allaah Ne Yeh Jahar (Buland Aawaaz) Logon Ko
Sikhlaaney Ke Liye Kabhi Kabhi Kiya Ho Na Is Liye Ke Jahar Karna
Mustahabb Hai Ya Log Hamesha Aisa Karte The,

Aur **Imaam Ya Muqtadi Donon Ko Laazim Hai Ke Farz (Namaaz) Ke**
Ba’d Agar Zikr Karein Tou Hamesha Aahista Karein Magar Jab
Imaam Logon Ko Taleem Karna Chaahey Tou Thodi Der Ke Liye Jahar
(Buland Aawaaz Se) Kar Sakta Hai.

ZIKR No.02

Raavi-e-Hadees **Saubaan** (Raziyallaahu Anhu),

Rasool Allaah (Sallallaahu Alaihi Wa Sallam) Jab Apni Namaaz Se Faarigh
Hotey Tou Teen (3) Baar Istighfaar Kartey (**Ya’ni ASTAGHFIRUL-LAAH**
3 Baar Padhte) Aur Kehte :

“ALLAAHUMMA ANTAS-SALAAM WA MINKAS-SALAAM
TABAARAKTA ZAL-JALAALI WAL IKRAAM.”

(**Tarjuma:** Aye Allaah ! Tu Hi Salaamti Waala Hai Aur Teri Hi Taraf Se
Salaamti Hai. Tu Bohat Baabarkat Hai Badi Shaan Aur Izzat Waala Hai.)

Waleed Ne Kaha: Mai Ne Al-Auzaai Se Poocha: **Istighfaar Kaise Hai?**
Tou Unho Ne Kaha: ASTAGHFIRUL-LAAH Kehte Ya’ni Mai Allaah Se
Maghfirat Maangta Hoon. [Saheeh Muslim, Hadees : 1334 or 591]

TASHREEH : 3 Baar ASTAGHFIRUL-LAAH Kahein Phir Hadees Mein Jo Alfaaz Aaye Hai Usey Padhey ALLAAHUMMA ANTAS-SALAAM Se Aakhir Tak. Hadees [Muslim : 1335 or 592 a] Mein **TABAARAKTA Ke Ba'd YAA Ka Lafz Izaafa Aaya Hai.**

(Zikr-03)

Raavi-e-Hadees **Warraad** [Mugheera Bin Shu'bah (Raziyallaahu Anhu) Ke Kaatib] :

Unho Ne Bayaan Kiya Ke Mujh Se Mugheerah Bin Shu'bah (Raziyallahu Anhu) Ne Muaawiya (Raziyallaahu Anhu) Ko Ek Khatt (Letter) Mein Likhwaaya Ke Nabi (Sallallaahu Alaihi Wa Sallam) Har Farz Ke Ba'd Yeh Duaa Padhte The :

“Laa Ilaaha Illal-Laahu Wahdahu Laa Shareeka Lahu, Lahul Mulku, Walahul Hamdu, Wa Huwa Alaa Kulli Shai-In Qadeer, Allaahumma Laa Maania Limaa A'taita Walaa Mu'tiya Limaa Mana'ta, Walaa Yanfau Zal Jaddi Minkal Jadd.”

“TARJUMAH: Allaah Ke Siwa Koi Laaeq Ibaadat Nahi. Us Ka Koi Shareek Nahi. **Baadshaahat Uski Hai** Aur Tamaam Tareef Usi Ke Liye Hai. Woh Har Cheez Par Qadir Hai. Aye Allaah ! Jisey Tu Dey Us Se Rokney Waala Koi Nahi Aur Jisey Tu Na Dey Usey Deney Waala Koi Nahin Aur Kisi Maaldaar Ko Us Ki Daulat Wa Maal Teri Baargaah Mein Koi Nafaa (Faaedah) Na Pohancha Sakengey.

Hasan Ne Farmaaya Ke (Hadees Mein Lafz) JADD Ka Matlab MAALDAARI Ke Hain. [Saheeh AL-Bukhaari, Hadees : 844]

(Zikr-04)

Raavi-e-Hadees **Muaaz Bin Jabal** (Raziyallaahu Anhu),

Rasool Allaah (Sallallaahu Alaihi Wa Sallam) Ne Un Ka Haath Pakdaa Aur Farmaaya: **“Aye Muaaz ! Qasam Allaah Ki ! Mujhe Tum Se Muhabbat Hai.”**

Phir Aap Ne Farmaaya :

“Aye Muaaz ! Mai Tumhein Vasiyat Karta Hoon Ke Kisi Namaaz Ke Ba’d Yeh Du’aa Hargiz Tark Na Karna”:

“Allaahumma A’inni Alaa Zikrika Wa Shukrika Wa Husni Ibaadatik.”

TARJUMA: “Aye Allaah Tera Zikr Karne Aur Tera Shukr Karne Aur Behtareen Andaaz Mein Teri Ibaadat Karne Mein Meri Madad Farmaa.”

[Sunan Abu Daawood, Kitaab-UI-Witr, Hadees **(Saheeh)** : 1522]

(Zikr-05)

Abu Zubair Ne Kaha: **Ibn Zubair** (Raziyallaahu Anhu) Hamesha Har Namaaz Mein Salaam Pherney Ke Ba'd (Yeh Duaa Padhte) :

“Laa Ilaaha Illal-Laahu Wahdahu Laa Shareeka Lahu, Lahul Mulku, Walahul Hamdu, Wa Huwa Alaa Kulli Shayin Qadeer, Laa Haula Walaa Quwwata Illaa Billaahi, Laa Ilaaha Illal-Laahu, Walaa Na'budu Illaa Iyyaahu, Lahun-Ni'matu Walahul Fazlu, Walahus-Sanaa-UI Hasan, Laa Ilaaha Illal-Laah Mukhliseena Lahud-Deena Walau Karihal-Kaafiroon.”

TARJUMA: “Koi Mabood Laaeq Ibaadat Ke Nahi, Na Us Ka Koi Shareek Hai, **Usi Ki Hai Saltanat Aur Usi Ke Liye Haisab Tareef** Aur Woh Sab Kuch Kar Sakta Hai, Na Gunaah Se Bachney Ki Taaqat Hai Na Ibaadat Karney Ki Quwwat Hai Magar Allaah Ka Saath Hai,

Nahin Koi Mabood Laaeq Ibaadat Siwaaye Allaah Ke Aur Nahin Ibaadat Kartey Hain Hum Magar Usi Ki. Usi Ka Hai Sab Ehsaan Aur Usi Ko Sab Buzurgi Aur Usi Ke Liye Hai Tareef Achchi, Nahi Hai Koi Mabood Ibaadat Ke Laaeq Magar Allaah.

Hum Sirf Usi Ki Ibaadat Karne Waaley Hain Agarchey Kaafir Log Bura Maanein.”

Aur Raavi Hadees Ibn Zubair Ne Kaha Ke **Rasool Allaah** (Sallallaahu Alaihi Wa Sallam) **Har Namaaz Ke Ba'd Yahy Padha Karte.**

[Saheeh Muslim, Kitaab-UI-Masaajid, Hadees : 1343 or 594 a]

(Zikr-06)

Raavi-e-Hadees **Abu Hurairah** (Raziyallaahu Anhu),

Nabi (Sallallaahu Alaihi Wa Sallam) Ne Farmaaya :

“Jo Har Namaaz Ke Ba’d **SUBHAANAL-LAAH 33 Baar** Aur **AL-HAMDU-LILLAAH 33 Baar** Aur **ALLAAHU AKBAR 33 Baar** Kahey Tou **Yeh Nanaanvey (99) Kalmey Hongey** Aur Poora Sainkdaa Yoon Karey Ke Ek **(1) Baar LAA ILAAHA Se QADEER Tak Padhein,**

“Laa Ilaaha Illal-Laahu Wahdahu Laa Shareeka Lahu, Lahul Mulku, Walahul Hamdu, Wa Huwa Alaa Kulli Shayin Qadeer.”

TARJUMA: Koi Ma’bood Ibaadat Ke Laaeq Nahi Magar Allaah, Akela Hai Woh, Us Ka Koi Shareek Nahi. Usi Ki Hai Saltanat Aur Usi Ke Liye Sab Tareef Aur Woh Har Cheez Par Qadir Hai.

Tou Us Ke Gunaah Bakshey Jaatey Hain Agarchey Samandar Ki Jhaag Ke Baraabar (Ya’ni Beyhadd) Ho.”

[Saheeh Muslim, Hadees : 1352 or 597 a]

(Zikr-07)

AAYAT AL-KURSI KI FAZEELAT.

Raavi-e-Hadees **Abu Umaama Baahili** (Raziyallaahu Anhu),

Rasool Allaah (Sallallaahu Alaihi Wa Sallam) Ne Farmaaya :

“Jis Ne Har Namaaz Ke Ba’d **AAYAT-AL-KURSI KI TILAAWAT** Ki Tou
Us Ke Aur Jannat Mein Daakhiley Ke Darmiyaan Koi Cheez Haael
(Aadey) Nahi Hoti, Siwaaye Maut Ke.”

[Silsilah Ahaadees Saheehah, Kitaab-Ul-Azaan Was-Salaah, Hadees: 749]

[As-Saheehah : 972 ; Tabraani Fee Al-Kabeer : 7532 ; Al-Sunan Al-Kubraa : 9848]

FAWAAED : Yeh Farz Namaazon Aur Allaah Ke Kalaam Ki Barkat Hai
Ke Sirf Ek Baar Har Namaaz Ke Ba’d Aayat AL-Kursi Padhney Se
Jannat Ki Khush Khabri Naseeb Ho Rahi Hai.

(Zikr-08)

Raavi-E-Hadees **Uqbah Bin Aamir** (Raziyallaahu Anhu),

Unho Ne Kaha Ke Rasool Allaah (Sallallaahu Alaihi Wa Sallam) Ne Mujhe
Hukm Diya Tha Ke Har Namaaz Ke Ba’d Muawwizaat (**AL-Falaq Aur**
An-Naas) Padha Karoon.

[Sunan Abu Daawood, Hadees (**Saheeh**): 1523]

FAAEDAH: Jaami At-Tirmizee Hadees: 2903, (**Hasan**) Mein Yeh Rivaayat **Muawwizaat** Ki Bajaaye Tasniyah (Dual) Ke Saighah Se Muawwizatain Aaya Hai Aur **Un Se Muraad Surah Al-Falaq Aur An-Naas Hai,**

Aur Unhein Is (Abu Daawood Ki Rivaayat) Mein Saighah Jama (Plural) Ke Saath Bayaan Kiya Gaya Hai **Aur Mumkin Hai Ke Un Ke Saath AL-Kaafiroon Aur AL-Ikhlaas Bhi Muraad Ho** Kyun Ke Yeh Sab Sooratein Tamaam Tawizaat Ki Jaami Hain.

Soorah AL-Kaafiroon Mein Shirk Se Baraa-At (Inkaar) Aur Soorah AL-Ikhlaas Mein Iz-Haar Wa Iqraar Tauheed Aur Muawwizatain Mein Har Sharr Se Allaah Ki Panaah Leney Ka Bayaan Hai.

(Zikr-09)

Raavi-e-Hadees **Abu Zarr** (Raziyallaahu Anhu),

Rasool Allaah (Sallallaahu Alaihi Wa Sallam) Ne Farmaaya :

“Jo Shakhs Fajr Ki Namaaz Ke Ba’d Is Tarah Baith Kar (Jaise Namaaz Mein Tashahhud Mein Baithta Hai) Kisi Se Baat Kiye Baghair Dus (10) Baar padhega Us Ke Liye Dus (10) Nekiyaan Likhdi Jaaengi,

Us Ke dus (10) Gunaah Muaaf Kar Diye Jaaengey, Us Ke Dus (10) Darajaat Buland Kiye Jaaengey Aur Woh Us din Har Buraai Se Mehfooz Rahega Aur Usey Shaitaan Ki Pohanch Se Door Kar Diya

Jaayega Aur Usey Us Din Shirk Ke Alaavah Koi Gunaah Halaak Nahin Kar Sakega.”

(Woh Duaa Yeh Hai) :

“Laa Ilaaha Illal-Laahu Wahdahu Laa Shareeka Lahu, Lahul Mulku, Walahul Hamdu, Yuhyee Wa Yumeetu, Wa Huwa Alaa Kulli Shayin Qadeer.” [Jaami At-Tirmizee, Hadees (Hasan) : 3474]

(Zikr-10)

Rasool Allaah (Sallallaahu Alaihi Wa Sallam) Ne Farmaaya :

“Jis Kisi Ne Bhi **Maghrib Ki Namaaz Ke Ba’d** Yeh Kaha Ke :

“LAA ILAAHA ILLAL-LAAHU WAHDAHU LAA SHAREEKA LAHU, LAHUL MULKU, WALAHUL HAMDU, YUHYEE WA YUMEETU, WA HUWA ALAA KULLI SHAY-IN QADEER.”

Tou Allaah Us Ke Liye Shaitaan Se Hifaazat Karne Waale (Yani **Farishtey**) **Muqarrar** Kardeta Hai Jab Tak Ke Woh Subah Tak Na Pohanch Jaaye, Aur **Allaah Us Ke Liye Dus (10) Nekiyaan Likhta Hai**, **Moojibaat, Aur Dus (10) Tabaah Karne Waale Gunaahon Ko Mitaa Deta Hai**, Aur Us Ke Liye Yeh (Duaa Padhna) Dus Eemaan Waale Ghulaamon (Slaves) Ko Azaad Karne Ke Baraabar Hoga.”

[Jaami At-Tirmizee, Duaaon Ka Bayaan, Hadees (Hasan) : 3534]

SOTEY WAQT KE MASNOON AZKAAR.

1. Surah As-Sajdah Aur Surah Al-Mulk Padhna.

[Jaami At-Tirmizee : 3404, Hasan]

2. Aaishah (Raziyallaahu Anha) Ne Bayaan Kiya Ke **Nabi** (Sallallaahu Alaihi Wa Sallam) **Har Raat Jab Bistar Par Aaraam Farmaate Tou Apni Donon Hatheliyon Ko Milaakar (Yeh Sooratein Padhte) Al-Ikhlaas, Al-Falaq, An-Naas (Teeno Sooratein Mukammal) Padhkar Un Mein Phoonkney** Aur Phir Donon Hatheliyon Ko Jahaan Tak Mumkin Hota Apne Jism Par Phertey The.

Pehle Sar Aur Chehrey Par Haath Phertey Aur Saamney Ke Badan Par. Yeh Amal Aap (Sallallaahu Alaihi Wa Sallam) Teen (3) Baar Karte The. [Saheeh AL-Bukhaari : 5017]

3. Jab Tum Bistar Par Pohanchi Aur Aayat Al-Kursi (Surah AL-Baqarah, Aayat : 255) Mukammal Padho Tou Allaah Ki Taraf Se Ek Muhaafiz (**Farishta**) **Muqarrar Ho Jaayega Aur Shaitaan Subah Tak Tumhaare Qareeb Bhi Na Aa Sakega.** [Saheeh AL-Bukhaari : 5010]

4. Jis Ne Soorah Al-Baqarah Ke Aakhri Do (2) Aayaat (285 & 286) Raat Mein Padhle Woh Usey Har Aafat Se Bachaane Ke Liye Kaafi Ho Jaengi. [Saheeh AL-Bukhaari : 5009]

6. Soorah Al-Ikhlaas (Qul Huwal-laahu Ahad) Ek Tihaai (one third) Qur-aan Ke Baraabar Hai. [Saheeh Muslim, Hadees : 1886 or 811 a]

7. Jo Shakhs Bistar Par Leyt-tey Waqt **34 Baar ALLAAHU AKBAR** (Allaah Sab Se Bada Hai) **33 Baar SUBHAANAL-LAAH** (Allaah Paak Hai) Aur **33 Baar ALHAMDU-LILLAAH** (Har Tareef Allaah Ke Liye) Kahey, Yeh Us Ke Liye **Ek Khaadim (Naukar) Se Behtar Hai.**

[Saheeh Muslim : 6915 or 2727 a ; Saheeh Al-Bukhaari : 6318]

8. Bistar Par Letney Se Pehle Usey Achchi Tarah Jhaadey.

[Saheeh AL-Bukhaari : 6320]

9. Daaein (Right) Pehlu Par Letey [AL-Bukhaari : 6315] Aur Daaein Rukhsaar Ke Neechey Haath Rakh Kar **Yeh Duaa** Padhey **“BISMIKA AMOOTU WA AHYAA.”** [Saheeh AL-Bukhaari : 6312-14]